

Swim Lesson Information



Parent & Child (6months - 2yrs)

Provides experience and activities for children and their parents in the water.

Preschool (3 - 5 years old)

Orients children to the aquatic environment and helps them gain basic aquatic skills.

Level One (6 years and older)

Introduction to Water Skills. This will include gliding and floating with assistance, blowing bubbles and opening eyes under water.

Level Two (6 years and older)

Fundamental Water Skills. Building on Level One, students will be able to do the skills unassisted.

Level Three (6 years and older)

Stroke Development. Students will learn the Front Crawl, Elementary Backstroke, diving, and various kicking styles.

Level Four (6 years and older)

Skills Development. Students will further develop Front Crawl and Backstroke, and learn Breaststroke, Sidestroke, and Butterfly.

Level Five (6 years and older)

Refinement. Students will hone in their skills swimming Front Crawl, Backstroke, Breaststroke, Sidestroke, and Butterfly while learning more diving techniques.

Adult (18 years and up)

Primary Skills and Stroke Development. This class will help adults to feel more comfortable in the water and to develop confidence in the Front Crawl, Back Crawl, Elementary Backstroke, as well as an Introduction to the Breaststroke.

Register your child for up to four sessions today!

Each Session has eight 50 minute classes from Monday to Thursday for two weeks. Registration begins April 1 and the deadline is the Wednesday before each session begins. Registration is \$40 per child, per session, and may be done at Sammons Indoor Pool or at the Summit Recreation Center, no Membership is required.

REGISTRATIONS WILL NOT BE TAKEN AT THE OTHER POOLS



Swim Lesson Flow Chart



Are you at least 3 years old?
Can you swim without a parent?



Parent & Child



Are you at least 5 years old? Are you comfortable getting in
and out of the water without assistance?



Preschool



Are you at least 6 years old?
Can you float on your front and back without assistance?



Level 1



Can you swim 5 yards , tread or float for 10 seconds, and then swim
5 more yards without assistance?



Level 2



Can you swim 15 yards, tread or float for 30 seconds, and then swim
15 yards back without assistance?



Level 4 or 5

Level 3

